

ABSTRACT OF THE DISCLOSURE

An anterior method for implanting an artificial disc in an intervertebral space of a human body includes inserting a midline marker in a face of a vertebral body for instrument alignment and artificial disc placement. A kit for implanting an artificial disc in an intervertebral space of a human body includes site preparation instruments, artificial disc insertion instruments, and a midline marker for guiding the artificial disc insertion instruments into a prepared intervertebral space. Also included are a verification instrument, a midline marker, a midline marker insertion instrument, an endplate shaping device, a distraction instrument, a trial insertion instrument, an endplate insertion instrument, a core insertion instrument, and a trial spacer head.